



EMORY CLINIC

Emory Sinus Nasal and Allergy Center
Emory University Hospital- Midtown
550 Peachtree Street NE, Suite 4400
Atlanta, GA 30308
(404)778-3381

Olfactory Training

Olfactory training is a method of stimulating the smell nerves to help improve sense of smell. It has been shown to be most helpful when started quickly after smell loss occurs and in patients whose smell loss occurs after an infection. It is thought that the training helps to “wake up” the nerves. We do not fully understand how this therapy works. It may work for other types of smell loss, as well. However, this is a long-term treatment option and it can take six months or more for symptoms to change.

The chart below will tell you which oils you will use during the program. Oils can often be found in health stores and online. Common brands are Aura Cacia, NOW, Mountain Rose, or Eden’s Garden. You can also purchase them through Amazon.com or BulkApothecary.com. Please be sure to read the label and ensure that the oils are 100% pure (not diluted) for all but the floral category. Floral oils (*) can be very expensive and very concentrated so we recommend you use a 3% dilution oil.

Essential oils are generally safe to use, but some are not recommended if you are pregnant, trying to get pregnant, have heart problems, or have epilepsy. If any of these conditions apply to you, or you know you are allergic to one of the products listed below, please let our team know before starting therapy. Please be careful to avoid getting the oils onto your skin. Some oils can cause irritation or sensitivity (contact dermatitis) – especially citrus based oils. **If you experience any difficulties, please stop using the essential oils and call the office.**

Procedure:

1. Label the lids of all oils to help keep things organized. Small colored dot labels work well.
2. Open the bottles for each of the first oils and set them to the side
3. Hold the bottle of the first oil 2 inches away from your nose/nostril and inhale gently for 15 seconds. Just breathe naturally - do not to inhale too deeply or strongly.
4. Wait 30 seconds then move on to each of the remaining oils in your group. It does not matter what order you use them in.
5. Continue to rotate between the oils/odors for 5 minutes total
6. Do **not** get the oil itself into your nostrils or onto your skin. This is particularly important for the citrus oils (**).
7. Use the chart on the back of this handout to track your progress. We would like to know which odors you can smell and if you’re able to smell them correctly.

	Group 1 (Month 1-2)	Group 2 (Month 3-4)	Group 3 (Month 5-6)
Flowery	Rose *	Jasmine *	Geranium *
Fruity	Lemon **	Palmarosa **	Tangerine **
Resinous	Eucalyptus	Pine	Rosemary
Spicy	Clove	Garlic	Oregano
Bitter/burnt	Coffee	Birch Tar	Benzoin
Foul	Ginger	Anise	Patchouli



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Olfactory Training: Diary

For each odor category please rate your ability to sense the smell from 0-5
(0 being no odor sensed; 5 being the odor was sensed and identifiable)

Please circle the letter below which matches how you feel about your overall smell ability
(B) better (S) the same, or (W) worse

<u>Day of the Month</u>	<u>Overall smell</u>	<u>Floral</u>	<u>Fruity</u>	<u>Spicy</u>	<u>Resinous</u>	<u>Bitter/Burnt</u>	<u>Foul</u>
1	B / S / W						
2	B / S / W						
3	B / S / W						
4	B / S / W						
5	B / S / W						
6	B / S / W						
7	B / S / W						
8	B / S / W						
9	B / S / W						
10	B / S / W						
11	B / S / W						
12	B / S / W						
13	B / S / W						
14	B / S / W						
15	B / S / W						
16	B / S / W						
17	B / S / W						
18	B / S / W						
19	B / S / W						
20	B / S / W						
21	B / S / W						
22	B / S / W						
23	B / S / W						
24	B / S / W						
25	B / S / W						
26	B / S / W						
27	B / S / W						
28	B / S / W						
29	B / S / W						
30	B / S / W						
31	B / S / W						